

# Caregiver Headlines

*Heartland Human Services*

## Mental Health is As Important as Physical Health!

Older Americans' Mental Health Week is May 21—27. This is a time to raise awareness of mental illnesses occurring in older adults and to educate those that care for them.

OWL, founded as the Older Women's League, created Older Americans' Mental Health Week to:

- raise awareness that mental illness is not a normal part of aging
- to help develop better ways of helping older adults with mental health problems and
- to further educate and train those in close daily contact with older adults.

About 60% of Americans mistakenly think that depression is a normal part of aging. Unfortunately, the attitudes of some health professionals may not be that different. This past winter, Mental Health America and OWL, conducted similar polls and **both found that we all need a better understanding of aging and mental health.**

One in five Americans of all ages—young and old—experiences a mental health prob-

lem in any given year. However, adults over age 75 have the highest suicide rate of any age group—not because of more attempts, but because their attempts are more lethal. **Increased understanding may lead to interventions that save lives.**

Changing bodies and chemistry, changes in family and friendships, and altered living situations can all impact mental health and need to be considered in treatment. Sometimes help with solving basic problems like transportation, can lower stress, improve community connections, and improve outlook and mood.

The following symptoms call for consultation with a health care professional:

- Sadness that has lasted longer than 2 weeks.
- Consistent worries about issues such as money, family and health.
- Consistent trouble sleeping or concentrating.
- Frequent trouble remembering things or feeling confused in familiar places.

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### *Special points of interest:*

- May is Older Americans Month
- May 21-May 27 is Older Americans' Mental Health Week
- Caregiver Needed in Mt. Vernon

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## Older Americans Month

Have you heard? The entire month of May has been designated as Older Americans Month. Each year a theme emphasizes the contributions that older persons make to our country, as well as highlighting healthy aging. This year's theme for Older Americans Month is "Making Choices for a Healthier Future".

Staying independent and healthy go hand in hand. With advances in medicine and health information, older Americans have a great chance of living long, healthy, active lives. For most older Americans this means eating right and exercising. Remember:

- Try to get in 30 minutes of exercise most days.
- Eat fruits, vegetables, whole grains and items low in fat and saturated fats.
- Eat foods fortified with vitamins D and B12.

## Caregiver Needed

Kind, caring person to live-in 5 days and nights with disabled young man in Mt. Vernon.

Work Monday 1 p.m. through Saturday 1 p.m.

For more information contact the Care-giver Advisor at 217.347.7179 ext. 1062.

## Gear & Gadgets

### ***The Personal Health Care Passport (PHCP)***

This book helps individuals and families manage important medical information, chronicle health changes, better navigate the health care journey, and coordinate care across the continuum. It is an ideal tool for documenting recent changes in health, doctor visits, medical emergencies, traveling, and for recording changes in medications. Convenient size for your purse, briefcase or refrigerator. For more information visit [www.kahnhealthcare.com](http://www.kahnhealthcare.com) or call 773.960.8007.



The PHCP can be a vital tool for long-distance caregivers. Also practical for people with memory loss or cognitive impairments.



# Caregiver Resource Meetings

## Fayette County & Surrounding Area

May 1  
June 5  
July 3  
3:00-4:00 p.m.

First United Methodist Church  
127 North Fourth Street  
Vandalia  
Meets in the library

## Jefferson County & Surrounding Area

May 8 (**Guest Speaker**)  
June 12  
July 10  
3:00-4:00 p.m.

Addus Adult Day Center  
108 North Third Street  
Mt. Vernon  
Meets in the North Room

## Effingham County & Surrounding Area

May 21  
June 18  
July 16  
3:30-4:30 p.m.

Heartland Human Services  
1200 North Fourth Street  
Effingham  
Meets in Room 119

## Marion County & Surrounding Area

May 15  
June 19  
July 17  
4:00-5:00 p.m.

St. Thomas Episcopal Church  
512 West Main Street  
Salem  
Meets in Church Basement



Faye Kirk from St. Mary's Good Samaritan Home Health and Hospice will be our guest speaker in Jefferson County May 8. She will be discussing personal care. Bring any questions you have about home health to the group!



# April 12 Caregiver Symposium A Success

**Thanks** go out to the **sponsors** of the 2007 Symposium for Family Caregivers—Lakeland Rehabilitation & Health Care Center, St. Anthony’s Memorial Hospital & Home Care, Siemer, Austin, Resch, Fuhr, & Totten, and Heartland Human Services.

**Thanks** also to the **planning committee**— CEFS, Center for Senior Renewal @ Clay County Hospital,

Effingham County Committee on Aging & Senior Protective Services, Effingham County Health Department, Effingham Rehabilitation & Health Care Center, Evergreen Nursing & Rehabilitation Center, and Midland Area Agency on Aging.

Additional exhibits were provided by Addus Healthcare, Brookstone Estates & Suites, FamilyGrowth Publishing, Gowin Parc, In Home Medical of SBLHS, and Lincolnland Home

Care and Hospice.

Caregivers greatly appreciated the paraffin dips and chair massages provided by students of Lakeland College.

Thanks to all who helped make the evening a success for the 80 caregivers who attended!

Planning for the 2008 Caregiver Symposium is already underway! Look for it next April!



Participants enjoyed the small group discussions offered at this year’s symposium.

## Mental Health is As Important as Physical Health *continued from page 1*

- Have more than one alcoholic drink a day or take more medication than prescribed.

Treatment for mental health problems is available for people of all ages. And now we know more about prevention. Eating right, getting exercise and enough sleep, exercising the mind, and staying close to friends and family all go a

long way to maintaining and enhancing mental health.

Although losses are a part of life, depression is not a normal part of aging! Healthy older adults continue to grow, thrive, and enjoy life!

You are fortunate to live in a region of Illinois that has a Gero-Psychiatric Program for those 60 and older who have mental health problems. A

geriatric psychiatrist (a specialist in diagnosing & treating depression, other mental illnesses, and dementia) is available at Heartland Human Services for people residing in Clay, Effingham, Fayette, Jefferson, and Marion Counties. **Call 217.347.7179 for more information.**



## Library Resource Hours

### **Fayette County: May 1 in Vandalia**

10:00 a.m. to 1:00 p.m.

Evans Public Library

215 Fifth Street

### **Marion County: May 15 in Salem**

1:00 p.m. to 3:30 p.m.

Bryan-Bennett Library

217 West Main Street

### **Effingham County: May 3 in Effingham**

10:00 a.m. to 1:00 p.m.

Helen Matthes Library

100 Market Street

### **Clay County: May 22 in Flora**

1:30 p.m. to 3:00 p.m.

Flora Public Library

216 North Main Street

### **Jefferson County: May 8 in Mt. Vernon**

10:00 a.m. to 1:00 p.m.

CE Brehm Memorial Library

100 South Seventh



## Book of the Month

The Mature Mind: The Positive Power of the Aging Brain is a book written by Gene D. Cohen, M.D., Ph.D.

Drawing on a wealth of scientific research, as well as interviews with older women and men, Gene Cohen, a renowned psychiatrist and gerontologist, reveals for the first time how the mind continues to develop and thrive well into the second half of life.

The Mature Mind explains what happens to the brain as it ages, and what effects those changes have on our lives. For example, it is in the latter stages of life, age 60-80, that the brain's "information processing center" achieves its greatest density.

This book offers an extremely different and fascinating look at our selves, challenging old assumptions, raising new questions, and offering answers

grounded in science, human behavior, and the realities of everyday life.

If you are interested in reading The Mature Mind contact the Caregiver Advisor at 217.347.7179 or toll-free 1.888.560.8805 ext. 1062.

*Heartland Human Services*



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## Announcements

**13th Annual Senior Health & Informational Expo at ECCOA Senior Center**

**May 17, 2007 from 9 a.m. to 1 p.m.**

**209 S. Merchant in Effingham**

**12th Annual Conference on Alzheimer Disease & Related Disorders**

**Sessions for Professionals and Family Caregivers**

**May 22, 2007**

**Hilton Hotel & Conference Center in Springfield, IL**

Contact James Dearing @ 217.726.5184 for Reduced Registration Rates for Family Caregivers

**Heartland Human Services will be closed May 28**

